



# Ravi Yoga: Fall Special Events

**Saturday  
October 13th  
Noon - 3pm**

## **MOVING IN SPIRIT- “Discover Your Body’s Healing Powers”**

Suggested \$25 Donation

Proceeds Will Be Donated To The Red Cross. Using the principles of the NIA Technique, join Jayne Meilo and Coco Fossland in a feast of movement, dance, meditation and play. NIA, Neuromuscular Integrative Action, is a mind/body/spirit movement program that combines yoga, tai chi, tai kwon do, modern dance, Alexander Technique, and others to bring exhilarating changes to your body and spirit. Beginners welcome.

Coco 917-658-9151 or Jayne 212-447-6320.

**Sunday  
October 14th  
1-5pm**

## **The Path to Wholeness - The Body Connection: A Workshop Designed to Move You Out of Your Head & Into Your Heart - Led by Tracy Toon & Dara Fulkerson**

Emotions can get stuck in our bodies. Getting unstuck can be freeing, even joyful and fun. When we get fully present with our bodies, our hearts open up to ourselves and the world. Come explore your internal landscape through awareness of your breath, guided visualization and movement. You'll have the opportunity to process the impact of the past few weeks in a nonjudgmental, supportive environment.

**Saturday  
October 20th  
11am - 5pm**

## **The Technology of Spirit - Kundalini Yoga Teachers Training™ w/Ravi Singh.\$75**

Welcome to Kundalini Yoga Teachers Training taught by Ravi Singh, and special guests. Kundalini Yoga, the art and science of Spirit Rising, is a powerful tool for excellence and self-growth and for dealing with the stress and uncertainty of these times.

**Saturday  
October 27th  
1- 5pm**

## **Ravi Yoga Open House - Free**

Experience free mini-treatments from our Spa-Practitioners, Thai Massage, Bio-feedback, Phoenix Rising Yoga Therapy, Shiatsu, Energy Balancing ,Reflexology, and More! Also featured will be a marathon yoga class featuring many of our instructors and their unique styles.

**Wednesday  
October 31st  
8:30**

## **Chanting w/Wah! and Halloween Celebration - \$15**

Filled with unrelenting enthusiasm Wah! will transport you beyond. Free CD's for the best costume. Wah! is a beautiful high energy woman. Her music vibrates with deep, healing sounds.

**Saturday  
November 3rd  
11am - 5pm**

## **The Complete Science of Breathing - Kundalini Yoga Teachers Training™ w/Ravi Singh -\$75**

Breath is more than just a grouping of elemental gases but a conveyance for the energy of life. In this fascinating workshop you'll learn profound techniques to heal, balance, and uplift yourself through the practice of a broad range of Kundalini Yoga breathing techniques.

**Sunday  
November 4th  
1-5pm**

## **Clear Day with Ravi Singh and Dr. Cliff Inkles - \$100**

Join us for a day of friendship, community, and healing. Ravi Singh and Dr. Cliff will apply their mastery to help you clear old patterns and facilitate transformation on all the levels you are. The intensive format of this one day even will empower you to experience healing on a level you never thought possible.

